

MR. C. B. FIZER, Mt. Sterling, Ky., writes:

"I have suffered with kidney and bladder trouble for ten years past. "Last March I commenced using Peruna and continued for three months. I have not used it since, nor have I felt

a pain.
"I believe that I am well and I therefore give my highest commendation to the curative qualities of Peruna."

Pe-ru-na for Kidney Trouble. Mrs. Geo. H. Simser, Grant, Ontario,

"I had not been well for about four years. I had kidney trouble, and, in iacl, felt badly nearly all the time. "This summer I got so very bad I thought I would try Peruna, so I wrote to you and began at once to take Peruna and Manalin

"I took only two bottles of Peruna and one of Manalin, and now I feel better than I have for some time. "I feel that Peruna and Manalin cured

me and made a different woman of me altogether. I bless the day I picked up the little book and read of your Peruna.' It is the business of the kidneys to remove from the blood all poisonous materials. They must be active all the time, else the system suffers. There are times when they need a little assistance. Peruna is exactly this sort of a remedy. It has saved many people from disaster by rendering the kidneys ser-vice at a time when they were not able to bear their own burdens

THE CADDY'S COMMENT.

One That Was Not Very Complimentary to a Professional Player.

Walter J. Travis, the golfer, set up his ball, and then made half a dozen swishes at the short grass with the driver, relates the New York Tribune. "I am not in good form," he said, "I am playing like a broker we had here last week.

"This broker played once around, making a dreadful exhibition of himsell. Of this, though, he was not He was doing pretty well for

"The man's caddy was an unusually quiet, stolld lad, a boy with a freckled face quite devoid of expression.

"And since the caddy never once laughed or sneered at his bad play, the broker took a fancy to him. And said at the end of the round, in the hope of getting a compliment:

'I have been trave ing for the last six months. I am quite out of practice. That is why I am in such bad form to-day.'

"The caddy replied, calmly: "Then ye've played before, have ye sir?

Her Favorite Play. "What is your favorite play?" asked the girl who quotes Shakespeare. "Well," answered the youth with long hair, "I believe I like to see a man knock the ball over the left field fence

as well as anything."-Montreal Star. Behind the Times "Janie is so mortified at her husband's illness that she won't tell any-

one what is the matter with him." "What disease has he?" "Old-fashioned consumption."-N. T.

With Some People. A joke is not a joke when you have to listen to it instead of telling it .-N. Y. Press.

BUILDING FOOD

To Bring the Babies Around. When a little human machine (or a large one) goes wrong, nothing is so important as the selection of food to

bring it around again. "My little baby boy fifteen months old had pneumonia, then came brain fever, and no sooner had he got over these than he began to cut teeth and, being so weak, he was frequently thrown into convulsions," says a Colorado mother.

"I decided a change might help, so took him to Kansas City for a visit. When we got there he was so very weak when he would cry he would sink away and seemed like he would

"When I reached my sister's home she said immediately that we must feed him Grape-Nuts and, although I had never used the food, we got some and for a few days gave him just the juice of Grape-Nuts and milk. He got stronger so quickly we were soon feeding him the Grape-Nuts itself and in a wonderfully short time he fattened right up and became strong and

"That showed me something worth knowing and, when later on my girl came, I raised her on Grape-Nuts and she is a strong healthy baby and has been. You will see from the little photograph I send you what a strong, chubby youngster the boy is now, but he didn't look anything like that before we found this nourishing food. Grape-Nuts nourished him back to strength when he was so weak he couldn't keep any other food on his

stomach." Name given by Postum Co., Battle Creek, Mich. All children can be built to a mor sturdy and healthy condition upon Grape-Nuts and cream. The food contains the elements nature demands, from which to make the soft gray filling in the nerve centers and brain. A well-fed brain and strong, sturdy nerves absolutely insure a healthy

Look in pkgs. for the famous little book, "The Road to Wellville."

Engines Are Supplied on Long Trips Without Losing a Moment's

Now that it has become usual for trains to run very long distances without a stop it has been found necessary to provide some means by which water may be taken on the way, says the Great Western Railway Magazine. When it is remembered that a fast train may use from 25 to 50 gallons of water for every mile run, it will be understood that the tender required to carry water for any considerable distance must be very The provision of sufficient coal is. fortunately, not such a serious matter as, roughly speaking, about a pound and a quarter is sufficient to boil a gallon of water weighing ten pounds. Taking a trip of 250 miles, which is approximately the distance from Lonon to Plymouth, now run without in termediate stop, the coal burned by the engine would be nearly four tons. On the other hand, the weight of water would be about 30 or 40 tons. Apart from the impossibility of providing tenders large enough to commodate this quantity it would, of Dr. Day was traveling. course, be far from economical to haul

so much unnecessary dead weight. The idea of water troughs was originally introduced by Mr. Ramsbottom, of the London & Northwestern railway. The principle is doubtless familiar to all; the water lies at rest in a long trough, and a scoop, athaving a sharp edge, cuts off, so to speak, the top layer of the water, which is forced up the inclined pipe

and falls into the tank of the tender. The advantages of the system are that the tenders may be of reasonable size and weight; that there is no necessity to stop trains specially to take water: and that the water can be taken at points where it is cheap and good, instead of taking whatever can be obtained at stations of suffi cient importance to justify the train stopping. Thus, supposing there is an excellent supply at a distance of ten miles from an important town, it is now possible to stop at the town without taking water and to pick up good water without stopping at the point of supply.

The troughs are laid level, and the rails are inclined at each end of the troughs. This enables the scoop hinged on the tender to be lowered some yards before actually commend ing to pick up. The decline in the rails lowers the scoop into the water as the tender runs down it. length of this decline is about yards, and at the far end of the troughs a corresponding incline lifts the scoop out of the water before the end is reached. It is therefore im possible, unless there are obstructions in the troughs or on the sleepers immediately preceding and following them, for the scoop to hit anything. provided its height is properly adjusted.

FIRST USE OF AIR BRAKE

Westinghouse's "Kickshaw" on Initial Trial Rendered Further Talk Unnecessary.

Persons who should have known better thought Westinghouse visionary when they were told that he propose to stop a train by air. Nobody seemed inclined to let him try his plan on a real train, but they did not object to his working a model of it in a shop where he couldn't do any harm, nor involve anybody else in expense, writes Arthur Warren in Success Magazine. He knew his scheme would he could not make anyone else believe it. So he continued to sell his inven tion for replacing derailed cars on the tracks, and to talk about his brake to any railroad man who was willing to

"Well, have you ever stopped train with this air thing of yours?" they would ask.

No, he couldn't say that he had done so. Nobody would let him try it even on a train of dump cars.

One day he arrived in Pittsburg, selling his other invention and talking about his brake notion to a man connected with a railroad out there.

"That's a great idea of yours," said the man, 'we will try it on our line!" So the officials of this railroad permitted Westinghouse to put his new "kickshaw" on one of their trains. But he had to agree to indemnify the road for any damage that might be caused to the train as the result of the trials! The train was equipped. On the designated day the confident inventor and a group of skeptical railway men boarded the train on which the first air brakes were fixed. Off went the train on its trial trip; the engineer put on full speed, and just as he had rounded a curve he saw ahead, at a grade crossing, and in the middle of the track, a loaded wagon, a man and a boy, and a balky horse, The engineer moved his little lever, and the first train that was ever

tion. Thus, on its first trial, the Westing house air brake saved life and prevented damage to property. Thenceforward talking was unnecessary; all that had to be done was to brakes. The inventor thought of that clause securing compensation to the railroad for any damage he might do to the train, and he laughed. His fortune dated from that day. He was then only 22.

stopped by air pulled up at a stand-

still several feet short of the obstruc-

Simple, When You Think of It. "Do you know," said the cheerful idiot, "that it is the easiest thing in the world to tell whether a man is going out on a journey or returning. by the way he carries his bag.' "I never thought of that," said the

simple young man. "What is the difference?"
"It is just this way," he went on "When a man is going away he car-ries his bag toward the railway station, and when he is coming back he carries it in the other direction."-

About Bight. Tommy-Papa, what is a consulting

Papa-He is a doctor who is called in at the last moment to share the

Stray Stories.

TAKE WATER ON THE RUN. TRAIN HELD BY SANDSTORM

Hard Winds Along Columbia River Cause Conditions Unusual to Bailroads.

At a recent meeting of the Geolog ical society in Washington there were a number of papers on scientific topics read, and Dr. David T. Day, of the geological survey, contributed a human-interest story, describing the way the black sand got back at him and held up the train on which he was traveling over the Oregon Short Line last season for 17 hours.

Dr. Day has been at work on the black sand analysis of the Pacific coast for many months, and has obtained some remarkable results, showing the value of the sand from the amount of gold, silver, platinum, magnetic iron and other minerals that it carried.

On the strip in question, he said, the sand had a chance to turn the tables and did it in good shape. It was at the time of the nearest proach to a blizzard in the east, and at the same time there was one of the most violent sandstorms on record in the section of the west through which

The June flood of the Columbia river, he said, deposits upon the lava floor of the present river valley large quantities of silt, and after the water had subsided the prevailing summer wind blowing through the gorge of the Columbia blows the dried sands into the enormous sand dunes, which are tached to the tender of the engine and the characteristic feature of the scenery along the Oregon Short Line where it follows the Columbia river from Umatilla to the Dalles. The railroad company has found great difficulty in keeping this sand from the track, where even an accumulation of two inches on the rails is frequently sufficient to overturn a train, with disastrous results.

Among the efforts to prevent the sands from drifting from one dune to another are, particularly, the planting of quick-growing shrubbery. The most successful device has been placing low board fences two feet high and 16 feet long at an angle of 45 degrees with the track so as to use the force of the wind to direct the sand away from the track on both sides.

This has proved fairly efficient for the prevailing easterly wind. But on March 11 of this year a blizzard of unusual velocity blew down the Columbia in the reverse of the usual direction and piled large amounts of and on the track, stopping the trains for the greater part of a day.

The position of the sand fences in this case was such as to produce a funnel effect and blew the sand directly on the track instead of away from it, and the effective work of the sand boards was very evident. The amount of work done by this windstorm was very great. Unfortunately, little data could be obtained from the weather bureau as to the exact velocity of the wind at this point.

At Walla Walla, up the river, blew 40 miles an hour, and at Portland 30 miles an hour, but whatever the velocity its effect was to fill the air with sand so that the sun was entirely obscured from morning till night, with the exception of an hour, when it could be dimly seen, although the weather man reported clear weather at this point on that day.

The amount of sand blown can b indicated by the fact that two cattle cars with their doors open to the windward side were filled four feet deep during the night.

GUARDIAN OF THE TRACK.

Pat McAdoo was the boss of the gang That worked on the section at Bates, The work on the track caused him many a

pang.
For he dreaded the speed of the freights. The rules of the line were exceedingly

Providing safe limits of speed, But the rules were ignored again and again Which made Patsy's heart fairly bleed. The section of road under McAdoo's care Was called by the trainmen, "far

track"Which signifies safety for trains to get So the freight trains each gave it

whack. Poor Pat and his men were as busy as bees

Repairing and raising low joints n summer's warm weather and midwin-ter's freeze They looked for and fixed the weak

The roadmaster once was inspecting Pat's track

When the Pink Palace Flyer flew by "Does that beat the Shoo He asked:

(The pet of the line was the Shoo Fly Express,
The finest train under the sun).
"The Shoo Fly? The Divil!" Pat answered

with stress,
"Tis the meat thrains ye ought to se -One Brown, in Kansas City Star.

No Railway.

the water?'

"Perhaps you had some experience in the old country," said Mrs. Hiram Offen, interviewing a greenhorn girl.

'Now, how were you trained across

"O ma'am, 'tis jokin' ye are,' giggled the girl, "There's does be no trains. I was shipped across."-Philadelphia Press.

Strange Cause of Fires. The discovery has been made that recent great bush fires in New South Wales and Victoria were caused by phosphorus paste, laid out to kill rab bits. As soon as the mixture dried, the sun's rays set fire to it.

A VACANCY.



Lady-Have you a parrot that wears awfully?

Lady-Well, you see my husband has gone on a three-months' trip, and it's terribly lonesome about the house.

GOLF YARN BY LONGWORTH

And a Kanses Story in Return by an Enthusiast at the lin & Palmer Chemical Co., Rochester,

Nicholas Longworth, of Ohio, is a golf enthusiast who plays a good game, and Victor Murdock, of Kansas, a golf enthusiast who plays a very indifferent game, when swapping stories in the house cloakroom the other day, says the Washington correspondent of the Kansas City Times.

"The most remarkable golfer I ever knew," said Representative Longworth, was a man out in Cincinnati, who had a passion for the game, but who complicated that fervor with an appetite for Scotch highballs that was the wonder of Ohio.

"His theory was that there should be a drink server on every tee, and he worked it by means of an army of One afternoon he came in and announced that he had renounced

'What's the matter. Jim?' said a

"'Oh,' he said, weartly, 'it's no use I give it up. Whenever I can see the ball I can't hit it; and whenever I can hit it I can't see it."

Mr. Murdock told this one: "Out in my town Judge Dale, of the district bench, is about the best golfer in our club. One day he had a case on trial in which several small boys had been subpoensed as witnesses. Addressing a bright youth of about 12 summers, Judge Dale solemniy inquired: 'My boy, do you understand the nature of an oath?"

youth. 'I often caddled for you, sir.'

TOLD OF THE TOTS.

"'Oh, yes, sir,' quickly replied the

The father of four-year-old Bessle is a traveling man, and during his absence recently a new baby arrived. Upon his return home a few days later Bessie met him at the door and exclaimed: "Oh, papa, you can't guess who was born while you were away!"

Little eight-year-old Ida, attracted by its bright binding selected from the library a copy of Pope's "Essay of Man" to read. After a diligent effort to understand it she replaced the book, saving to her mother: "It may be easy on man, but it's hard on chil-

dren. "Noah's wife," said a boy in an ex amination, "was called Joan of Arc." 'Water," wrote another, "is composed of two gases, oxygen and combrigen. "Lava." replied a third youth, what the barber puts on your face." A blizzard," insisted another child,

"is the inside of a fowl. A schoolboy in the fifth grade scratched his head for a long time before attempting to "compare the animals of North America with those of Europe." At last, in his desire to say something, he wrote: "The animals of North America are not as large as those of Europe, but they get there just the same."

The mother of a six-year-old young ster was mending a rlp in his pants while he sat bare-legged on the floor impatiently waiting for her to finish the job. He had been unusually quiet for a minute, and the maternal ances

"What are you thinking of my son?" "I was thinking what a nice clagrette picture I'd make."

DIETARY DICTA.

Dinner should be of a lighter nature in summer than in winter.

A quart of wheat contains more nutriment than a bushel of cucumbers. There is a happy mean between eat-

ing everything and being squeamish. Two pounds of potatoes contain as Light soups, light desserts and light

meals should have the preference in warm weather.

Vegetables and fruits are to be used most generously at that season of the year in which they naturally mature. Beginning the dinner with soup is 'the very best way to get the whole system in condition for assimilating a hearty meal.

LIMB WASTED WITH ECZEMA.

Suffered Untold Agonies-Doctor Said It Was the Worst Case-Wonderful Cure by Cuticura.

"I used the Cuticura Remedies for ec-"I used the Cuticura Remedies for exema. The doctor said it was the worst case he ever saw. It was on both limbs, from the knees to the ankles. We tried everything the doctors knew of, but the Cuticura Remedies did the most good. I was obliged to lie with my limbs higher than my head, for the pain was so terrible I could not walk. I suffered untold agones. One limb wasted away a great deal smaller than the other, there was so rible I could not walk. I suffered untold agonies. One limb wasted away a great deal smaller than the other, there was so much discharge from it. I found the Cuticura Remedies very soothing, and I still keep them in the house. I am very thankful to say that I am cured. I found the Cuticura Remedies all that you say they are. I hope that you may be spared many years to make the Cuticura Remedies for the benefit of persons suffering from the torture of skin diseases, such as I had. Mrs. Golding, Box 8, Ayr, Ontario, Canada, June 6, 1905."

No Trick at All. Canby Dunn-Do you take any stock in the story that a man engraved the

entire alphabet on the head of a Y. Knott-Certainly. He could have engraved the ten commandments on it. It was a coupling pin. Ring off .-Chicago Tribune.

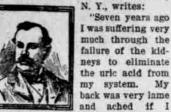
Not the Only Hot Place. "The most serious objection I have to dying," said the Bostonian, "is that I shall have to leave Boston."

"Aw, don't worry about that," said the Chicagoan; "Boston ain't the only bot place."-The Bohemian,

When society, as distinct from law, begins to punish the moral offenses of the rich as it does those of the poor, the problem will be a long way toward solution.-Detroit News.

There is nothing quite so superfluous as the father of the bride on the SEVEN YEARS AGO

A Rochester Chemist Found a Singularly Effective Medicine. William A. Franklin, of the Frank-



the uric acid from my system. My back was very lame and ached if I overexerted myself in the least degree. At times I was weighed down with a feeling of languor and depression and suffered continually from annoying irregularities of the kidney secretions. I procured a box of Doan's Kidney Pills and began using them. I found prompt relief from the aching and

I had taken three boxes I was cured of all irregularities." Sold by all dealers; 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

lameness in my back, and by the time

CONCERNING CLOUKS.

Never allow the clock to run down. It responds to regular attention just as surely as a human being does and keeps its course truly when made to follow its endless routine.

The hands of a clock should always be turned forward. To set the hands by reversing the right-hand motion is to loosen delicate screws that hold them within reach of various cog

Never allow the clock to be moved from the position where it is well balanced. A deviation of two or three minutes a day from the correct time may be the result of an uneven placing of the clock, and once it is properly adjusted it should not shifted for dusting or for artistle purposes. This is especially true of clocks that have a pedulum.

Lawyer-1 say, dector, why are you always running us lawyers down? Doctor (dryly)-Well, your profession doesn't make angels of men, does

"Why, no; you certainly have the advantage of us there, doctor."-Illustrated Bits.

Nothin' Doin'.

"Want 'ny ice?" "It's fresh?" "Yen."

"Bring me up a two-cent chunk." "Where 're ye at?" "Six floor, back." "Gee awp!"-Judge.

"She is going to marry him to reform him." "Why don't she reform him first?" "Oh! he'd have too much sense to get married then."

Lewis' Single Binder Cigar has a rich taste. Your dealer or Lewis' Factory, Peoria, Ill.

No man ever mounted the ladder of success on rounds of drink .- The Keeping Her Handy.

"I'nat's a fine rope you have, Harker," commented the commuter with the lawn mower and the weekly ham under his arm. "What are you going to

do with it?" "Use it as a tether," replied Harker, "Ah! New cow?"

"No, new cook."-Chicago Daily News.

How's This? We offer One Hundred Dollars Rewart for any case of Catarrh that cannot be cured by Hall's Catarrh Curs. Catarrh Curs.

F. J. CHENEY & Co., Toledo, O.

We, the undersigned, have known F. J. Cheney
for the last 15 years, and believe him perfectly honorable in all business transactions and fanacishly
able to carry out any obligations made by his firm.

Walbuss, K. INSAA & MANUS,

Wholeasle Druggists, Toledo, O.

Hall's Catarrh Core is taken internally, acting
directly upon the blood and muogus surfaces of the
system. Testimonials sent free. Price 75 cents per
bottle. Sold by all Druggists.

Take Hall's Family Phile for constipation.

The Modern Way.

"My dear, you must really take Freddy in hand about the way he uses slang. To-day he asked me what entomology was, and I told him the science of bugs."

"Well?"

"Then he asked me if an entomolo gist was a crazy man."-Baltimore American.

Voracity. Angler-Do the fish bite around

Native-Bite? Say, stranger, we have to muzzle 'em so they won't chew up the innercent bystander."-N. Y. Sun.

The girl who waits for a man to come along and make love to her after the manner of a novel hero will remain single to the end of the chapter.

Stranger (to the beggar's son)-How long has your father been blind?" Boy-"Every day from eight in the morning until six at night."



THE LADY WHO IRONS

knows how important it is to use a good starch. Defiance Starch is the best starch made. It doesn't stick to the iron. It gives a beautiful soft glossy stiffness to the clothes. It will not blister or crack the goods. It sells for less, goes farther, does more. Ask the lady who irons. Defiance Starch at all grocers. 16 oz. for 10 cents.

The DEFIANCE STARCH CO., OMAHA - - NEB.

A. N. K.-B (1906-24) 2130.

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ALLEN'S FOOT-EASE A Certain Cure for Tired, Hot, Aching Feet. DO NOT ACCEPT A SUBSTITUTE.

ES-NO MONEY TILL CURED. SEND FOR TREE LLUG. THEATISE ON RECYAL

LO B. STEVENS & CO., PENSIONS

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There is only One Genuine-Syrup of Figs,

The Genuine is Manufactured by the California Fig Syrup Co.

The full name of the company, California Fig Syrup Co., is printed on the front of every package of the genuine. The Genuine- Syrup of Figs- is for Sale, in Original

Packages Only, by Reliable Druggists Everywhere Knowing the above will enable one to avoid the fraudulent imitations made by piratical concerns and sometimes offered by unreliable dealers. The imitations are known to act injuriously and should

therefore be declined. Buy the genuine always if you wish to get its beneficial effects. It cleanses the system gently yet effectually, dispels colds and headaches when bilious or constipated, prevents fevers and acts best on the kidneys, liver, stomach and bowels, when a laxative remedy is needed by men, women or children. Many millions know of its beneficial effects from actual use and of their own personal knowledge. It is the laxative remedy of the well-informed.

Always buy the Genuine-Syrup of Figs MANUFACTURED BY THE

Louisville, Ky.

PRICE FIFTY CENTS PER BOTTLE

Opportunity has an aggravating manner of calling on a man when he is not in.

Smokers have to call for Lewis' Single Binder eigar to get it. Your dealer or Lewis' Factory, Peovia, Ill. An optimist is a man who declines

to judge the future by the past.-Chi cago Daily News. Mrs. Winslow's Soothing Syrup. ildren teething, softens the gurus, reduces in-stion allays pain, cures wind colic. The a bottle.

The way to make to-morrow better

MOTHERS

BABY AND INFANT CHILDREN from the distress and dangers of bowel troubles, and while doing so let them eat the substantial, nourishing foods that their system needs and craves. If you will drop us a postal card or letter, giving your name and postoffice address, we will promptly tell you by mail how to do so. We have no nostrums or prepared foods to sell, but will advise you about a simple but positive remedy for all bowel difficulties of a diarrhetic nature that is equally good

for infants or adults. Address the PROFESSIONAL NURSE REMEDY CO., Detroit, Mich

You Look Prematurely (